EFFECT DIMENSIONAL OF DELIMITERS ON IMPLEMENTATIONOF SPEED, BALANCE AND THE AGILITY IN DRIBBLING AMONG SOCCER (UNDER 15 YEAR)

ZERF MOHAMMED & BENGOUA ALI

Physical and Sports Education Institute Mostaganem, Department of Sports Training, Laboratory OPAPS,

University Abdel Hamid Ibn Badis Mostaganem, Mostaganem, Algeria

ABSTRACT

The delimiters are the most important tools, widely used in training and tests soccer, because they embodies the dimensions of the surface and the role of defender in major of the exercises for Soccer. The literature review 90% of soccer books use the smallest delimiters (plate) and 100% of our young soccer Algerians coaches (under 15 year) composed their sessions. From that, the objective of our study focuses to the conflict that the dribbling test measures the speed and agility for most authors where (Philippe Leroux, 2006) confirms that this test measures the speed not the agility. Our hypothesis confirms that Dimensional of smallest delimiters affected the qualities coordinators during the change of direction Due to absence of obstruction of the upper body player, which requires more qualities coordinative as Speed, Balance and the Agility in particular when he front real defender. Our experience is based on a practical protocol of zerf Mohammed (set in figure 2) from his study entitled "The impact Dimensional of delimiters on testing and training dribbling in young soccer (under 15 year)". Were we have trained our sample for two weeks based in the different kinds of delimiters (figure 1) and we have tested and retested them in test T for agility, test 30M for speed and 20M slalom with the ball(dribbling). Based on results and the signification of the statistical practiced our finding confirmed:

- The mannequin is the most delimiter appropriate to develop Speed, Balance, Agility and dribbling in soccer (under 15 year).

KEYWORDS: Dimensions of Delimiters, Speed, Balance and the Agility, Dribbling Soccer Under 15 Year

INTRODUCTION

Dribbling is one of the most important and fundamental soccer skills where every soccer player must accomplish well because it is intertwined with many other skills such as, passing defeating an opponent, adjusting the pace, implementing (Debra Laparth, 2009), where (Wang, 2006) set that, the Dribbling in soccer is the ability to control the ball with the feet while moving around the field from that, (Shriener, Peter, 2009) confirms the soccer player must anticipation when he gets the ball in order to Perfect ball control into four stages: perception, running into free space, adopting a suitable body position. Depending on the importance of this skill, and there necessary motor and physical ability our study based in indicates of (Claude Doucet, 2005) that the category under 15 year is as stage discovery to discover football with 11 players. (Philippe Leroux, 2006)Confirms that the work requires adaptation, including the development of basal and efficiency gained within a complex way that serves its predecessor competitive training. (Bouzid Drissi, 2004)Believes that the importance of this station is in the fulfillment of the external environment (discount / colleague) in order to construction the tactical thinking. The importance of this study was to reveal the effect of the forms and volumes of the delimiters in the development of necessary motor and physical ability requirements in dribbling between the training and

the exigency of the competition situations. For that, we have chosen the analysis of correlation, Anova and the LSD, to determine the most type of delimiter appropriate to develop the Speed, Balance and the Agility as requires qualities coordinative in Dribble skills in soccer (under 15 year).

METHODS

The study sample consisted of 21 players in the same category (Chronological and training) which play in the same team in national championship (Mostaganem football league) where we divided them in three homogeneous groups, based in the tests (speed, Balance agility, dribbling).

In addition, we have training them for two weeks with the same program the only difference in it was the type of Delimiters set in figure 1.

In the interest of determining which difference can we observed in our protocol experimental.

Situation1	Situation2	Situation3	The Objectives of Dribbling under year15

Figure 1: The Different Forms and Volumes of the Delimiters Used in Training and Tests Soccer Procedures

The Players chosen were tested in four tests
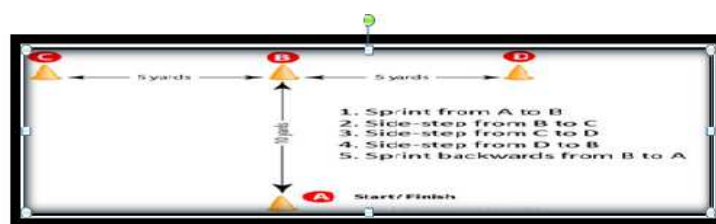

Figure 2: Test-Dribbling Ball Soccer

Figure 3: Test T Agility

Figure 4: Test Speed20m

Figure 5: Test Balance

RESULTS

**Table 1: Pre-Test Shows the Normal Distribution and the Homogeneity of the Sample
in the Variables in Order to Study (Time) Based on the Calculation of Anova and Skewness**

			Sum of Squares	Df	Mean Square	F	Sig.	Skewness
Balance * Sample	Between Groups	(Combined)	1.143	2	.571	.122	.885	-.772
	Within Groups		84.000	18	4.667			
	Total		85.143	20				
Speed * Sample	Between Groups	(Combined)	.004	2	.002	.008	.992	.116
	Within Groups		5.215	18	.290			
	Total		5.219	20				
Agility * Sample	Between Groups	(Combined)	6.000	2	3.000	.160	.853	.962
	Within Groups		336.571	18	18.698			
	Total		342.571	20				
Dribbling * Sample	Between Groups	(Combined)	.289	2	.145	.425	.660	1.505
	Within Groups		6.127	18	.340			
	Total		6.416	20				

Through Table 1 pre-test where the Anova calculate shows the homogeneity of the sample in the variables where the Anova calculate is not significant in all comparison, for Skewness the range values is lie between (-3 and + 3) that we confirm the normal distribution of the variables in order to study.

Table 2: Post -Test Shows the Anova Calculate from the Variables in Order to Study

		Sum of Squares	Df	Mean Square	F	Sig.
Balance	Between Groups	34.667	2	17.333	5.175	.017
	Within Groups	60.286	18	3.349		
	Total	**94.952**	**20**			
Speed	Between Groups	2.291	2	1.146	4.461	.027
	Within Groups	4.622	18	.257		
	Total	**6.913**	**20**			
Agility	Between Groups	192.667	2	96.333	7.771	.004
	Within Groups	223.143	18	12.397		
	Total	**415.810**	**20**			
Dribbling	Between Groups	1.472	2	.736	3.632	.047
	Within Groups	3.648	18	.203		
	Total	**5.120**	**20**			

By contrast, F calculation is statistically significant In favor of which proposed Situations for that we have calculated LSD

Table 3: Shows Post Hoc Tests of the Multiple Comparisons

Dependent Variable	(I) Sample	(J) Sample	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Balance	S1	S2	-3.14286*	.97822	.005	-5.1980	-1.0877
		S3	-1.71429	.97822	.097	-3.7695	.3409
	S 2	S 1	3.14286*	.97822	.005	1.0877	5.1980
		S 3	1.42857	.97822	.161	-.6266	3.4837
	S 3	S 1	1.71429	.97822	.097	-.3409	3.7695
		S 2	-1.42857	.97822	.161	-3.4837	.6266
Speed	S1	S2	.79714*	.27087	.009	.2281	1.3662
		S3	.51857	.27087	.072	-.0505	1.0876
	S 2	S 1	-.79714*	.27087	.009	-1.3662	-.2281
		S 3	-.27857	.27087	.317	-.8476	.2905
	S 3	S 1	-.51857	.27087	.072	-1.0876	.0505
		S 2	.27857	.27087	.317	-.2905	.8476
Agility	S1	S2	-4.85714*	1.88201	.019	-8.8111	-.9032
		S3	2.42857	1.88201	.213	-1.5254	6.3825
	S 2	S 1	4.85714*	1.88201	.019	.9032	8.8111
		S 3	7.28571*	1.88201	.001	3.3318	11.2397
	S 3	S 1	-2.42857	1.88201	.213	-6.3825	1.5254
		S 2	-7.28571*	1.88201	.001	-11.2397	-3.3318
Dribbling	S1	S2	.64286*	.24064	.016	.1373	1.1484
		S3	.24714	.24064	.318	-.2584	.7527
	S 2	S 1	-.64286*	.24064	.016	-1.1484	-.1373
		S 3	-.39571	.24064	.117	-.9013	.1099
	S 3	S 1	-.24714	.24064	.318	-.7527	.2584
		S 2	.39571	.24064	.117	-.1099	.9013
The mean difference is significant at the 0.05 level.							

From the table 3 all the comparison are on the favor of Situation2 where our sample was trained with the mannequin as deference in the program planned by the coach and based on these results we confirmed that the mannequin is the most appropriate tool to develop the Speed, Balance and the Agility as require qualities coordinative in Dribble skills. Which confirms our findings in the study entitled "The impact Dimensional of delimiters on testing and training

Duels dribbling in young soccer (under 15 year)" (Zerf Mohammed, Bengoua Ali, 2015) that the mannequin is the most delimiter appropriate for testing and progress in duels soccer because progressing in training for duels requires the smallest (familiar with the gest) arrive at the mannequin to perform 1vs1. Whereas depending on the smallest in the advanced training stage contributes to develop the central vision in the account of the peripheral vision, which contributed to the loss of control in the body and ball due to the lifting of the head, or change direction because of a lack of physical requirements (agility balance flexibility)and the Speed motor.

CONCLUSIONS

Our study reference came to explain the impact of demotion of the delimiters chosen as a tool in evaluation or training in the adaptation of the correct movement in duels (dribbling). Which is consistent with the study (Zerf Mohammed, 2012) that defects of the short delimiters, it lies in the absence of block top section of the body, which contributes to focus on the ball. Whereas depending on training in advanced stage contributes to develop the central vision in the account of the peripheral vision, which contributed to the loss of control in the body and ball due to the lifting of the

head, or change direction because of a lack of physical requirements (agility balance flexibility). As for the height not wide (Pike) the problematic is due to the similarity lies in the skill and accomplishment Living situation that the output absence of opposition for the upper part of the body.

From that we agreed with (Dick Bate, Richard Bate, Ian Jeffreys, 2014) as background; the soccer speed program needs to be based on a clear vision of what speed, balance and agility are—and what an athlete can achieve through the training program and (Jay Martin, 2011) that the modern soccer requires execute technical skills quicker where (Joseph.A.luxbacher, 2010) set, the developing additional components of soccer-specific fitness such as agility, mobility, and balance can improve soccer-specific speed by performing exercises that require sudden changes of speed and direction along with deceptive body movements. Whom we guide to recommend that the mannequin is the most irrelevant tool to develop the Speed, Balance and the Agility as requires qualities coordinative in Dribble skills.

REFERENCES

1. Bouzid Drissi. (2004). *Caractéristiques -morpho-fonctionnelles et technico-tactiques de la performance.* Universite D'Alger: These de Doctorat d'etat Faculté des Sciences Sociales Universite D'Alger.

2. Claude Doucet. (2005). *Football: Perfectionnement Tactique.* france: Editions Amphora.

3. Debra Laparth. (2009). *Coaching Girls' Soccer Successfully.* USA: Human Kinetics.

4. Dick Bate, Richard Bate, Ian Jeffreys. (2014). *Soccer Speed.* (H. Kinetics, Éd.) USA.

5. Ekalh Suleiman talk show and Abdel Karim Abdel Rahman Youssef. (2002). The impact on the type of ground-level achievement in the test satisfied 50 m. *Journal of Physical Education, 11*(2).

6. Jay Martin. (2011). *The Best of Soccer Journal: An NSCAA Guide to Soccer Coaching Excellence.* UK: Meyer & Meyer Verlag.

7. Joseph.A.luxbacher. (2010). *Soccer Practice Games-3rd Edition.* UK: Human Kinetics.

8. Mowaffaq al-Asaad Mahmoud. (2009). *Tactic tests in soccer.* House Dejlla.

9. Philippe Leroux. (2006). *Football, Planification et Entraînement.* (E. Amphora, Éd.) France.

10. Shriener, Peter. (2009). *Soccer: Perfect Ball Control.* Uk: Meyer & Meyer Verlag.

11. Wang, J. (2006). *Soccer made easy: From fundamentals to championship play.* USA: Amazon France.

12. Zerf Mohammed. (2012). *The Impact of the Quality of the Delimiters in the evaluation and planning dribbling skill in young soccer.* ALGERIA: Universty Alger 3.

13. Zerf Mohammed, Bengoua Ali. (2015). THE IMPACT DIMENSIONAL OF DELIMITERS ON TESTING AND TRAINING DUELS DRIBBLING IN YOUNG SOCCER (UNDER 15 YEAR). European *Scientific Institute (ESI)* (p. 9). University of Oxford, Examination School United Kingdom,: 4th International Scientific Forum ISF 2015.